

## **ABSTRACT OF THE DISCLOSURE**

A training bat system for increasing the batting skills of a baseball player. The training bat system includes a tubular member having a center bore, a plurality of weight members removably positioned within the center bore, an inner cap secured to an inner end of the tubular member, and an outer cap secured to the outer end of the tubular member. A compression spring is preferably positioned between the weight members and the inner cap for maintaining the weight members non-movably adjacent one another. The tubular member in the preferred embodiment has an outer diameter similar to a handle grip of a baseball bat. The tubular member's outer diameter over the area of the bat used for hitting a ball is much smaller than a conventional bat. The tubular member's length is similar to a conventional bat.